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| Weekly Activity Log: Week of  |
| Use this activity log to track your physical activity minutes. Try to get 60 minutes or more of physical activity every day! At the end of each week upload the log to the assignment in TEAMS. |
| **Column1** | **Column2** | **Column3** | **Column4** | **Column5** |
| **Day** | **Activity 1** | **Activity 2** | **Activity 3** | **Total Minutes** |
| Monday |   |   |   |   |
| Tuesday |   |   |   |   |
| Wednesday |   |   |   |   |
| Thursday |   |   |   |   |
| Friday |   |   |   |   |
| Saturday |   |   |   |   |
| Sunday |   |   |   |   |

